Fall Fitness Classes

Register in person or online: https://frederickcountymd-gov.3dcartstores.com

(classes are not prorated for late starts/absences)

Yoga

Yoga offers tools to improve fitness, circulation, mobility, and a sense of well-being. This class offers excellent, precise instruction in yoga postures and breathing. Join us in building strength and flexibility in body, mind, and spirit. Open to all, regardless of yoga experience. Please bring a yoga mat.

Date: Wednesdays, starting October 10
Time: 12:30-1:30 p.m.
Cost: $30 per person, 10 weeks
Instructor: Layla Botwinik

Line Dancing

The dance floor is for everyone! Improve your balance, gain confidence, find the beat, get moving, and have fun! Open to all, regardless of line dancing experience.

Date: Thursdays, starting October 11
Time: 1:30-2:30 p.m.
Cost: $30 per person, 10 weeks
Instructor: Mary Anne Williams

Strength Training

Strength training improves your daily living! This video is made especially for seniors. Weights are provided.

Date: Mondays & Thursdays
Time: 9:30-10:15 a.m.
Cost: Free, video exercise, no instructor

Tai Chi: Basic & Advanced

Improve Balance & Strength of Body
Achieve Clarity & Focus of Mind
Gain Calmness & Lightness of Spirit

Basic Tai Chi Class

Date: Mondays, starting October 8
Time: Noon-12:55 p.m.
Cost: $30 per participant, 10 weeks
Instructor: Claudia Olson

Advanced Tai Chi Class

Date: Mondays, starting October 8
Time: 1:00-2:00 p.m.
Cost: $45 per participant, 10 weeks
Instructor: Claudia Olson

Daily Exercise

Come exercise with us! These videos are made especially for seniors. Videos may include stretching, strength, balance, mobility and cardio exercises.

Date: Mondays: Mobility/Stamina (30 min)
Tuesdays: Strength/Balance (50 min)
Wednesdays: Stretching (45 min)
Thursdays: Mobility/Stamina (30 min)
Time: 10:45 a.m.
Cost: Free, video exercise, no instructor

Urbana Senior Center

Offering fitness, enrichment & social opportunities for 50+

9020 Amelung Street, Urbana, MD 21704

(located on the lower level of the Urbana Regional Library)

Like us on Facebook: Urbana Senior Center - Frederick County, MD
UrbanaSeniorCenter@FrederickCountyMD.gov
www.FrederickCountyMD.gov/seniorservices

(see other side for more programs)